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NORTH COAST TRADER STAFF

PUBLISHER Melissa Sanderson • melissa@northcoastjournal.com

EDITOR Jennifer Fumiko Cahill • jennifer@northcoastjournal.com

CALENDAR EDITOR Kali Cozyris • calendar@northcoastjournal.com

PRODUCTION MANAGER Holly Harvey • holly@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Heidi Bazán Beltrán, Dave Brown, Rory Hubbard, Renée Thompson
ncjads@northcoastjournal.com

ADVERTISING MANAGER Kyle Windham • kyle@northcoastjournal.com

SENIOR ADVERTISING REPRESENTATIVES

Bryan Walker • bryan@northcoastjournal.com Judeen Peck • judeen@thetrader707.com

ADVERTISING REPRESENTATIVES

Linus Lorenzen • linus@northcoastjournal.com

Heather Luther • heather@northcoastjournal.com

CLASSIFIED ADVERTISING Mark Boyd • classified@northcoastjournal.com

BOOKKEEPER Deborah Henry • billing@northcoastjournal.com

OFFICE MANAGER/DISTRIBUTION Michelle Dickinson • michelle@northcoastjournal.com

MAIL/OFFICE

310 F St., Eureka, CA 95501 | 707 442-1400 | FAX: 707 442-1401 | www.thetrader707.com

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CDFW

Have Recreational Rockfishing Practices Improved Over The Past 20 Years?

Rockfish and Barotrauma

Q: About 20 years ago my husband took me on a rockfishing boat off the California coast where everything was provided for you. I was dismayed to see that many of the fish I brought up had stomachs bulging out of their mouths. I was informed this was likely fatal. Have recreational rockfishing practices improved?

A: We're sorry your fishing experience left a negative impact. What you witnessed was a pressure related injury known as barotrauma. Rockfish have a

specialized gas filled organ known as a swim bladder which allows them to control buoyancy and maintain depth in the water column by expanding and deflating the organ. Barotrauma occurs when a rockfish is unable to release expanding gases in the swim bladder as it is reeled to the surface.

Barotrauma injuries can cause the fish's eyes, stomach, or vent to appear inflated. Although one might suspect the fish is dead, it is not. Due to the expanded

CONTINUED ON NEXT PAGE →

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California Outdoors Q&A

← CONTINUED FROM PREVIOUS PAGE

gas trapped in their swim bladder from barotrauma, rockfish released at the surface are often too buoyant to swim back to the bottom. Impacts from barotrauma increase with the depth of the fish where you catch it.

Rockfish can be recompressed and recover from barotrauma if returned to the depth they were caught by using a descending device. Mortality is decreased when the fish is returned to appropriate depth as soon as possible, and the best way to minimize time on the surface is by using a descending device. Descending devices can be home-made out of simple items like wire hangers, weighted inverted milk crates, or purchased online and at tackle shops.

Over the years, the California Department of Fish and Wildlife (CDFW) has undertaken efforts to educate and encourage anglers to utilize ethical practices, which includes using descending devices when rockfish are released. You can learn more about barotrauma and the use of descending devices on CDFW's Descending Device and Barotrauma web page.

Twenty years ago, the science on barotrauma was not as well understood as it is today, and methods to mitigate barotrauma were not as commonly known. CDFW

collects data on the use of descending devices in the field and is encouraged by recent efforts by charter and private vessels alike to return rockfish to the bottom rather than releasing at the surface.

For more information visit CDFW's groundfish web page.

Tigers in Captivity

Q: What are the enclosure requirements for tigers in captivity/wildlife facilities in California?

A: Tigers are classified as a restricted species in California and facilities housing them must be permitted by CDFW. Enclosure requirements are outlined in California Code of Regulations, Title 14, section 671.3. The minimum cage requirement is 300 square feet for one animal, and 450 square feet for two animals. Each additional animal over two requires at least 150 additional square feet per animal. Enclosures must also have a ceiling height of at least eight feet.

Bear Skin Rug

Q: I inherited an old bear skin rug from an uncle who died. My uncle was a hunter and shot the bear somewhere in California decades ago. Can I sell the hide?

A: It would be illegal to sell the hide in California. The prohibition is outlined in California Fish and Game Code (FGC) section 4758 (a) Subject to the provisions of this code permitting the sale of domestically raised game mammals, it is unlawful to sell or purchase, or possess for sale, the meat, skin, hide, teeth, claws, or other parts of any bear in this state.

Other states may have their own laws regarding the sale of bear skin rugs. If you're considering selling your rug in another state, be sure to check the laws in that state. An online transaction in California would be considered a sale under FGC section 4758 and would be illegal. ♦

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

su | do | ku © Puzzles by Pappocom Medium #17

	1	4						8
			6					
		2		3		6	9	4
3	6		5		1			
			7		9		5	6
5	4	1		9		7		
				7				
8						2	4	

www.sudoku.com

Preserve the Beauty, Fragrance and Flavor of Your Garden

by Melinda Myers



Photo courtesy of Gardener's Supply Company/gardeners.com
Terra cotta microwave flower presses provide the opportunity to harvest, press, dry and create in the same day.

ENJOY YOUR GARDEN throughout the growing season and beyond. Preserve its beauty, fragrance and flavor in artwork, crafts and food.

Cell phones with cameras make it easy to capture the seasonal changes in our gardens and environment. Use a favorite photo as the wallpaper on your computer or phone. Turn them into greeting cards to send or pictures to hang on walls, lifting your spirits on gray winter or rainy days.

Break out the colored pencils, markers or paints and capture the beauty of individual flowers or gardens. Creating art, like gardening, can help elevate your mood, reduce stress and improve self-esteem.

Start a garden journal, if you haven't done so already. It's a great way to capture successes and even failures to help plan next year's garden or changes to the landscape. Create your own journal on the computer or in a spiral notebook. A waterproof and smudge-proof option like the Rite in the Rain Waterproof Garden Journal can go with you into the garden.

Preserve some of your favorite flowers and memories with a flower press

you make or buy, like an heirloom flower press (gardeners.com).

Just place freshly picked leaves and flowers between pieces of paper in the flower press. Use flowers at their peak of beauty for the best results. Arrange the leaves and petals as desired before pressing, since they dry the way you place them. Once your flowers are placed in between the paper, close the press and secure the layers. Your dried flowers will be ready in a few weeks. Speed up the process with the help of your microwave. The Terra Cotta Microwave Flower Press allows you to harvest, press, dry and create all in the same day. Place the flowers and leaves between the wool felt dividers and secure them inside the terra cotta top and bottom. The wool pads and terra cotta absorb the moisture as the microwave heats for quick drying.

Capture the color, fragrance and relaxing benefits of lavender by filling small sachet bags with flower buds to place in a desk, nightstand or drawer. Take this one step further and create lavender wands

CONTINUED ON NEXT PAGE →



**Northcoast
Children's
Services**

**Do you love being
with children?**

**Do you enjoy supporting
children learn and grow?**

**Are you looking for a
meaningful profession?**

**Do you want a job that has
evenings and weekends off?**

**Northcoast Children's
Services may be what
you're looking for!**

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5.

We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team!

**[https://ncsheadstart.org/
employment-opportunities/](https://ncsheadstart.org/employment-opportunities/)**



Northcoast Children's Services

ERSEA Data Technician

The Data Technician performs data entry and preparation of reports for the enrollment component of Northcoast Children's Services. High school grad or equivalent, and three years' relevant experience, plus two years' experience in computer office component software, such as MS Word, MS Excel or similar applications. F/T 40 hrs./wk. \$18.59-\$20.50/hr. **First Review: 06.02.2023**

ASSOCIATE TEACHER, Willow Creek

Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one-year experience working with young children. F/T 32 hrs./wk. \$17.93-\$18.83/hr. **Open Until Filled**

ASSISTANT TEACHERS, (Various Locations) Eureka, Fortuna, Del Norte

Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' experience working with children. P/T 25 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled**

SPECIAL AIDE, Del Norte

Provide support & supervision to one child following an individualized plan to accommodate the child's special needs and/or behavior issues. Req. exp. working with children. 6-12 ECE units preferred. P/T 28 hrs./wk. \$15.88-\$17.50/hr. **Open Until Filled**

TEMPORARY CENTER DIRECTOR, Eureka

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. Temporary F/T 40 hr./wk. (M-Fri); \$21.00-\$23.15/hr. **Open Until Filled**

HOUSEKEEPER, Arcata

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn and follow health & safety requirements. P/T 5 hrs./wk. \$15.88/hr. **Open Until Filled**

HOUSEKEEPER, McKinleyville

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements. P/T 14 hrs./wk. \$15.88/hr. **Open Until Filled**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707-822-7206
or visit our website at www.ncsheadstart.org

Flavor of Your Garden

← CONTINUED FROM PREVIOUS PAGE

from 10 to 30 flowering stems and a bit of ribbon. These attractive wands capture the lavender fragrance and make great gifts.

Pickle cucumbers or other vegetables to enjoy throughout the garden season and beyond. You'll find an assortment of pickling crocks on the market but consider elevating your pickles to gourmet status by fermenting them in The Amazing Pickle Barrel made of lightly toasted white oak. You and your guests will enjoy the subtle and unique flavor the oak barrel adds.

Keep the flavor of your garden alive all year long. Pick and dry herbs for winter meals and holiday gifts. Gather the herbs into small bundles and secure them with a rubber band. As the stems shrink so does the rubber band. Use a spring-type clothespin to hang the bundles from a clothesline in a dry, airy place that is out of direct sunlight for drying. Save space and dress up the display with an herb drying rack that holds six bunches of flowers, hot peppers or garlic.

Keep carrots, beets and turnips fresh and crisp for months after harvest with proper storage. Most gardeners don't have a root cellar or sufficient room in the refrigerator. Consider packing them in layers of damp sand or sawdust placed in a root storage bin. Set the bin in a cool dark place and retrieve the vegetables as needed.

Try these and other creative ways to extend your garden enjoyment beyond the end of the growing season. ♦

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening and Midwest Gardener's Handbook, 2nd Edition. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply Company for her expertise to write this article. Her website is www.MelindaMyers.com.



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#2007354B

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#2007560A

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5 Fun Food Role-Playing Games for Little Ones

(STATEPOINT) It's common to ask kids to stop "playing with their food," however, when playtime rolls around, food and fun go hand in hand.

Role-playing games involving grocery stores, cooking, restaurants, and other food-centric activities and scenarios, can be excellent opportunities to teach kids about flavors, colors and numbers. They can also model how to interact in common social situations and help kids develop a healthy relationship with food. With that in mind, here are a few



StatePoint.net

toys and games to try with little foodies:

1. Run an Ice Cream Cart: Learning is sweet when pretending to run an ice cream cart. The Scoop & Learn Ice Cream Cart from LeapFrog, for ages 2 years and up, lets kids create a variety of imaginative and tasty-looking ice cream combinations using four flavors of ice cream, three toppings and three syrup flavors. Kids can use the magic scooper to build customer orders, which will recognize the colors and flavors, then press the pump to add pretend syrup while counting to ten. By choosing from six animal order cards and following the instructions, kids can build memory and sequencing skills. They'll have fun ringing the bell to let "customers" know their order's up! Then, when they're ready to move to a new location, they can store the accessories and push the cart around to hear upbeat songs and music.

2. Throw a party: Have your child throw a "dinner party" and invite all their stuffed animals to attend. Pretend to prepare a big festive meal, going through the steps of cooking each dish. Then, set the table and sit down to dinner with your "guests."

3. Go on a Picnic: Learn about colors, shapes, manners and more while on a pretend picnic with the Shapes & Sharing Picnic Basket for ages 6 months and older. Kids can lift the lid to hear

cheerful phrases and unpack the 15 play pieces, including colorful plates, forks, cups and food. The interactive shape sorter on the lid recognizes and says the shape and color of each food piece. Kids will hear polite food requests and learning songs by pressing the butterfly button, and get rewarding responses that encourage good manners when they drop the correct food in the basket.

4. Run a Farm: One of the best ways to familiarize kids with where food comes from is to play farm. Incorporate a lightweight watering can, along with toy foods, into the game and pretend to do chores like watering plants, harvesting crops and gathering eggs.

5. Go Shopping: Kids can take turns being the shopper or the store clerk when playing with the Count-Along Basket & Scanner, designed for ages 2 years and up. Featuring play food, shopping lists and an interactive scanner that recognizes each food piece, kids can carry the shopping basket or expand it into a rolling shopping cart, switching between three interactive play modes to learn all about food groups, names of food, colors, shapes and numbers.

Food is a central part of life, providing nourishment and an opportunity to gather with loved ones. That's why it's so important to make sure it's part of playtime too. ♦

MY NAME IS CHARLIE

Pit Bull Terrier Mix.
Young, Male, Medium.



MY NAME IS SAFFRON

Domestic Short Hair
Young, Female, Small.



South Coast Humane Society
(541) 412-0325 www.mysouthcoasthumane.org
828 Railroad St. Brookings, OR 97415

TRAVEL

5 Ways to Live Your Best Travel Life This Summer

(STATEPOINT) Summer travel is heating up despite packed airports, crowded destinations and rising prices. In fact, 80 percent of Americans are planning to travel as much or more than they did last summer, according to a new Harris Poll survey from T-Mobile.

No matter where you're going, here's how to watch your wallet while making the most of your adventures.

Plan Ahead: With international travel restrictions lifted, global bookings have surged by over 200 percent compared to last year, according to AAA. And some of the most popular destinations searched for on Google Flights for this summer are London, Cancun, Paris and Rome. If you're planning to travel internationally and need a passport, estimated processing times are 11 to 13 weeks instead of the usual 8 to 10 due to an uptick in applications and demand. So, get going!

Be Flexible: If you can avoid traveling during peak summer travel season from mid-June through August, try booking during the "shoulder season," which is the time just before and after. For this summer, travel experts recommend booking travel in September to reduce cost.

Stay Connected: Reliable wireless when traveling is no longer a luxury, but an absolute necessity, with 95 percent of American travelers in the T-Mobile survey saying it's a travel essential. Some phone plans — like the new Go5G Plus from T-Mobile — give customers built-in travel benefits and coverage that works the minute you arrive. With free in-flight Wi-Fi and free high-speed data in more than 215 countries — the journey is seamless from start to finish and all included in the price of your monthly plan. To learn more about T-Mobile's travel benefits and their new Go5G plans, visit t-mobile.com/cell-phone-plans.

Pack Smart: An estimated 2.2 million bags were lost or mishandled on U.S. airlines in 2022, an increase from 1.4 million in 2021, according to the 2022 Air Travel

Consumer Report. If you're nervous about checking your luggage, place an Apple AirTag in your bag or luggage to know where it is at all times. Some bags, like T-Mobile's limited edition Un-carrier

On, even come packed with the tech you need to ensure a smooth trip, including a power bank and smart tag device.

Use Points: According to T-Mobile's Harris Poll survey, nearly half (47 percent) of summer travelers used miles, points or rewards to book their summer travel this year and nearly two-thirds of all travelers (66 percent) rely on discounts and deals when booking travel accommodations. Certain credit cards give you points or

miles to use for future travel when you sign up. If you're a T-Mobile customer, you can save up to 40 percent on select hotels and car rentals by booking through T-Mobile TRAVEL from Priceline. Most bookings come with free, flexible cancellations so you can plan with peace of mind.

Americans are eager to travel this summer, and with a little planning, nothing should get in the way of some much-deserved R&R. ♦



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Prioritizing Your Health Now That the Public Health Emergency is Over

(STATEPOINT) With the national COVID-19 Public Health Emergency officially over, medical experts say it's time to address the health challenges that may have been neglected during — or created by — the pandemic.

“Making time for you and your family's preventive medical care and investing in your mental health is essential right now,” says Jack Resneck Jr, MD, president of the American Medical Association (AMA). “As you settle into old routines or find new ones, you may be feeling overwhelmed, anxious, afraid or depressed. Give yourself permission to express these emotions, while taking steps to get needed care.”

For better health and wellness, the AMA offers these tips:

1. Stay connected: According to the U.S. Surgeon General, the health consequences of isolation include a 29 percent increased risk of heart disease, a 32 percent increased risk of stroke, and a 50 percent increased risk of developing dementia for older adults. Spending time with loved ones, friends or community groups can quickly have a positive impact on mental and physical health.

2. Practice self-care: Getting regular exercise, practicing gratitude and getting enough sleep are all forms of self-care that can improve mental health. Check out the National Institute of Mental Health's resources, which include ideas for better understanding what causes your symptoms and what coping techniques might help you man-

age your mental health.

3. Know the signs: Feelings of hopelessness or irritability, loss of interest in hobbies and activities, and decreased energy or appetite can all be signs of depression. If you are experiencing signs of a mental health condition, speak to your primary care physician or a psychiatrist. Be aware of the 988 Suicide & Crisis Lifeline, a national hotline available 24/7. Anyone experiencing a suicidal, substance use or mental health crisis can call or text 988 to speak to trained crisis counselors.

4. Get screened: It's estimated that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. If you're due for preventive care, tests or screenings, make an appointment.

5. Don't wait: An estimated 41 percent of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their ability to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does

feel off, schedule an appointment as soon as possible.

6. Get vaccinated: Adolescents and adult immunizations sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine and the bivalent COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, consult your physician and trusted resources, including getvaccineanswers.org.

7. Know your numbers: Track health data such as height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed. Visit ManageYourBP.org to understand what your blood pressure numbers mean and how to get your blood pressure under control. High blood pressure, also known as hypertension, affects millions of Americans and can increase heart attack and stroke risk.

For more tips and information, visit <http://www.ama-assn.org>.

“It's vitally important to prioritize mental and physical health. Contact your health care professional to schedule the care you need to keep you and your family healthy,” says Dr. Resneck. ♦



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FamilyFeatures.net

Entertain Guests with a Fresh Al Fresco Favorite

(FAMILY FEATURES) If you and your loved ones yearn for new, stimulating experiences to feel connected to the outdoors, look no further than enjoying mealtime al fresco. Inspired by the Mediterranean tradition of “eating in the open air,” al fresco dining offers passionate home cooks a fresh way to enjoy their favorite recipes outside with friends and family.

Consider these two tried-and-true al fresco tips from television personality and culinary icon Rachael Ray the next time you enjoy dinner on the deck or lunch on the patio.

Gather the right tools: On those buggy days and nights during the warm season when you’re dining al fresco, grab a food mesh tent. Not only will it protect your food, but it also looks good and

goes with a variety of table settings.

Plan the decor: When hosting friends and family, up your floral game by reaching into the garden and adding some fresh herbs — it’s aesthetically pleasing and smells delicious.

Ideal al fresco meals typically take advantage of in-season produce, offer easy preparation so you can focus on entertaining and are simple enough to eat outdoors. Skip complicated cooking steps and turn to a delicious option like Yellowfin Tuna and Artichoke Pasta, which can be served as an appetizer, side dish or on its own as a light main course.

This dish practically calls for ingredients like Genova Yellowfin Tuna in Olive Oil, which features cuts of wild-caught tuna, hand-filleted in just the

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Entertain Guests

← CONTINUED FROM PREVIOUS PAGE

right amount of olive oil. Savory, rich and flavorful with a perfect texture, the tuna elevates the dish with a uniquely rich and savory flavor stemming from Mediterranean inspiration.

To find more al fresco dining inspiration and recipe ideas, visit GenovaSeafood.com.

Yellowfin Tuna and Artichoke Pasta

Recipe courtesy of Rachael Ray on behalf of Genova Tuna

Prep time: 15 minutes

Cook time: 40 minutes with fresh artichokes (25 minutes with canned)

Servings: 4

Artichokes:

Cold water

12 small, fresh artichokes or 2 cans artichoke hearts in water

2 lemons

3 tablespoons extra-virgin olive oil
salt, to taste

pepper or red pepper, to taste

Pasta:

Water

2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

2 tablespoons extra-virgin olive oil

4 tablespoons butter, cut into tabs

4 cloves garlic, chopped

1 teaspoon crushed red pepper (optional)

salt, to taste

½ cup white wine, chicken stock or vegetable stock

1 pound spaghetti or linguine

1 lemon, juice only

1 cup grated Pecorino Romano cheese

¼ cup chopped fresh Italian parsley, divided

1 small handful fresh mint, chopped, divided

¼ cup toasted pistachios or pine nuts, chopped

To make artichokes: Preheat oven to 425 F.

Fill bowl with cold water and juice of one lemon.

If using fresh artichokes, trim tops of artichokes and tougher outer leaves. Using vegetable peeler or small paring knife, trim stems. Once prepped, cut fresh artichokes in half. If using canned artichokes, drain well and quarter lengthwise.

Place artichokes in lemon water.

Let soak 2-3 minutes, drain and pat dry with kitchen towel.

In casserole or baking dish, arrange artichokes and add juice of remaining lemon, quarter lemon and add lemon wedges to dish.

Add olive oil and salt and pepper, to taste.

Roast 25-30 minutes, or until tender.

To make pasta: Bring large pot of water to boil.

While water is coming to boil, place large skillet over medium heat and add olive oil and butter. Add garlic; red pepper, if desired; and salt, to taste, and swirl 1 minute. Add white wine or stock and let reduce by half.

When water comes to boil, salt water, add pasta and cook 1 minute less than directions. Reserve ½ cup pasta water before draining.

Add artichokes to large skillet with tuna with its oil and gently break up with back of wooden spoon or paddle.

Add lemon juice and reserved pasta water to skillet along with drained pasta, cheese and half the parsley, mint and pistachios. Toss to combine, top with remaining parsley, mint and pistachios and serve.



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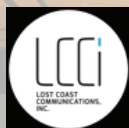
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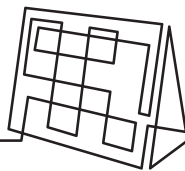


BICOASTAL
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Calendar

June 1 - June 15, 2023



Virtual World

ARTS & CULTURE

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Tuesdays. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. english-expressempowered.com. (707) 443-5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Virtual World, Online. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. [foodforpeople.org/volunteering](https://www.foodforpeople.org/volunteering). (707) 445-3166, ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

LIFESTYLE & COMMUNITY

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Road, Brookings. Every second Sunday of the month. \$8.

Del Norte County

ARTS & CULTURE

Forest Moon Festival Free Screening: Return

of the Jedi. Fri., June 2, 7:30 p.m. Beach Front Park, Crescent City, Crescent City. Costumers at 7:30 p.m. Movie and symphony show at 8:45 p.m. Free.

LIFESTYLE & COMMUNITY

Downtown Crescent City Farmers & Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Vendors offer a variety of items that include locally grown produce, handmade craft items, ready-to-eat food, and more. Located on Front & K streets..

First Friday in Downtown Crescent City. First Friday of every month, 5-7:30 p.m. Downtown Crescent City, 890 Third St. Stroll through the streets of downtown Crescent City every first Friday of the month. Enjoy live music, kids' activities, in-store specials, food trucks/food vendors, local brews, book signings, live performance art, dance and artisans.

Harbor Farmers Market. Saturdays, 9 a.m.-1:30 p.m. Crescent City Harbor District, 101 Citizens Dock Rd. Shop for local fruits, vegetables, bread, meat and eggs, plus homemade crafts, delicious food and fresh flowers at Crescent City's scenic harbor and marina.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

First Saturdays and Art Walk. First Saturday of every month, 5-8 p.m. Historic Downtown Weaverville, Weaverville. Live music, shopping, dining, Trinity Art Council's Art Walk and other special events and performances. Free.

LaGrange Classic Mountain Bike Race. Sat., June 3. Historic Downtown Weaverville, Weaverville. Pre-race downtown procession, a challenging one-day mountain bike race on the Weaver Basin Trail System and a celebration at Lowden Park in the afternoon.

Lewiston Peddlers Faire. Sat., June 3, 9 a.m.-4 p.m. Lewiston, California, Trinity County.

Live music, antiques, arts and crafts, wine tasting and the Moose Lodge Car Show. A fundraiser by the Lewiston Sparkies to benefit the Lewiston Fire Department.

Weaverville Certified Farmers Market.

Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Fresh, locally grown foods, honey, baked goods, artisanal crafts and herbal medicine. highlandartcenter.org.

NIGHTLIFE

Open Mic Night. Thursdays, 4-7 p.m. Trinity County Brewing Co., 301 Main St. (State Route 299), Weaverville. Food, music, beer and friends.

Humboldt County

ARTS & CULTURE

'No Strings Attached' Trivia. Tuesdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Enjoy trivia games hosted by local comedians and compete for prizes. Trivia is followed by a feature comedy show at 9 p.m. Free. info@savagehenrycomedy.com. [savagehenrycomedy.com](https://www.savagehenrycomedy.com). (707) 845-8864.

'Les Cygnes' (Swan Lake Variations). Sat., June 3. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Trinity Ballet Academy's spring performance includes dancers ages 7 to adult and resident professional company Ballet Emmaus. Tickets at brownpapertickets.com or by phone. \$18 (advance tickets only). www.dellarte.com. (707) 839-1816.

An Evening of Palante Jazz with David Penalosa. Sat., June 3. Arcata Playhouse, 1251 Ninth St. More information available online. arcataplayhouse.org.

Art Club. First Wednesday of every month, 6:30-8:30 p.m. Redwood Retro, 211 G St., Eureka. Come for the conversation and bring your own project or get materials and instruction for an additional fee. Sign up and this month's project online. \$22. stainedg-host.com.

Arts Alive. First Saturday of every month, 6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Free. eurekamainstreet.org. (707) 442-9054.

Arts! Arcata. Second Friday of every month, 4-8 p.m. City of Arcata, Arcata. Celebrate the visual and performing arts in Downtown Arcata during Arts! Arcata. Enjoy art, shopping, live music, events and more.

Baywater Blues Fusion Dance. Tuesdays, 7-9:15 p.m. The Inn at 2nd & C, 139 Second St., Eureka. A half hour lesson followed by social dancing. \$5-15 sliding scale donation (no one turned away due to lack of funds). baywaterbluesfusion@gmail.com. facebook.com/profile.php?id=100089815497848.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Drink & Draw. Thursdays, 6 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Self-guided art space and place hosted by Jessica Grant. Bring your own supplies or use ours. Snacks, drinks, friendly atmosphere. All ages w/caution for language. Ages 21 and up. Free. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Eureka Symphony In Remembrance. June 2-3, 8 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. The Eureka Symphony Chorus rejoins the symphony for the first time since December of 2019 to perform "Requiem in D Minor, K 626" by Wolfgang Amadeus Mozart. classicallyhumboldt.com/.

Farm to Table: Late Night Comedy. Saturdays, 11 p.m.-1:30 a.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Baseball Robby curates this small batch artisanal stand-up comedy showcase. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Figure Drawing at Synopsis. Thursdays, 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

Figure Drawing. Wednesdays, 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. \$5. blondiesfoodanddrink.com.

First Friday Blues Jam w/Andy B. First Friday of every month, 7-10 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. An evening of blues and jams with host Andy B and Friends. Free. historiceaglehouse.com/live-music-events. (707) 407-0634.

Forest Moon Festival Free Screening: Return of the Jedi. Fri., June 2, 1 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. Costumers and doors at 1 p.m. Movie and panel at 2 p.m. Free.

Forest Moon Festival Free Screening: Return of the Jedi. Sat., June 3, 3 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Costumers and doors at 3 p.m. Movie at 4 p.m. Free. mateel.org.

Fort Humboldt Historic Tour. Saturdays, 1 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long walking tour of the park. Meet at the flag pole next to the parking lot. Free.

Friday Night Jazz. Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Live local jazz with the Opera Alley Cats. Free. elvisatemydonuts@hotmail.com. (707) 444-2244.

George Mooney. Fri., June 9, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Instrumental music on guitar and violin. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Good Time Charlie. Sat., June 3, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Country music. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Grown Up Movie Night at HBSC. Tuesdays, 6-8 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Drinks and snacks available while you watch classics and get cozy in the Lobby Bar. Movie titles are listed online. Free. humboldtbaysocialclub.com/our-events. (707) 502-8544.

Grown Up Movie Night. Sundays, 6-8 p.m. Scotia Lodge, 100 Main St. Finish off the weekend with classics in the lounge. Food and drinks available at the lodge's Main & Mill restaurant. Movies are PG/PG-13 and titles are listed online. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

HBG's Summer Music Series. First Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Catered by Stephanie's Home Cooking with local beer and wine. You are also welcome to bring your own picnic lunch. Non-service dogs are not allowed at HBG events. June 4 - Claire Bent, Citizen Funk hbgf.org. (707) 442-5139.

Hip Hop Thursdays. Thursdays, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Chuck Angeles,

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Calendar

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Starcata and Pressure. Free. thejamarcata.com. (707) 822-5266.

Holus Bolus. Fri., June 2, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. The one-person, multi-instrumentalist Tom Boylan, aka the "One-Man-Psychedelic-Acousti-loop" artist plays acoustic-psychedelic groove-rock. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Home Improv-ment. Fridays, 7 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Stephanie Knowles with no pressure, just fun and a chance to try something out of your comfort zone. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

House Of Mary. Sat., June 10, 5-8 p.m. Gyppo Ale Mill, 1661 Upper Pacific Drive, Shelter Cove. Harmonies and multiple percussion instruments to keep the vibe high energy. family@gyppo.com. gyppo.com/calendar-of-events. (707) 986-7700.

Housing Insecure Book Release Party. Sat., June 3, 6-9 p.m. Synopsis Union, 1675 Union St., Eureka. Copies of a community comic book will be given away free at this book release, with performances and readings by local artists, snacks, books, music and puppets. Free. taylorsnowberger@gmail.com. (707) 750-4547.

Kinky Boots. Thu., June 1, 8-10 p.m., Fridays, Saturdays, 8-10 p.m. and Sundays, 2-4 p.m. Ferndale Repertory Theatre, 447 Main St. A drag queen comes to the rescue of a shoe factory and its owner. Based on the 2005 film and inspired by a true story. \$20. info@ferndalerep.org. app.arts-people.com/index.php?actions=10&p=462. (707) 786-5483.

Line Dancing in the Grand Theater Ballroom. Second Wednesday of every month, 6:30-8:30 p.m. The Historic Eagle House, 139 Second St., Eureka. Instructor led. All skill levels welcome. Dressing to impress (cowboy/girl hats, boots and belt buckles) encouraged. Ages 21 and up. \$10. trex@historiceaglehouse.com. fb.me/e/2DvF7KE90. (707) 407-0634.

Live Music at Fieldbrook Winery. Sundays, 1:30-4 p.m. and Saturdays, 1:30-4 p.m. Fieldbrook Winery, 4241 Fieldbrook Road. Outdoor weekend music series. Saturdays will feature electric bands. Sundays will offer more acoustic or semi-acoustic folk and American groups or quieter jazz combos. Free admission. fieldbrookwinery.com.

Live Music. Fridays, 6-8:30 p.m. Fieldbrook Market & Eatery, 4636 Fieldbrook Road. Every Friday, local bands play folk, bluegrass, Americana. Always family friendly. Check Facebook or Instagram for the lineup. Free. fieldbrookmarket@gmail.com. (707) 633-6097.

McKinleyville Community Choir Rehearsal. Thursdays, 6:30-8:30 p.m. Arcata Presbyterian Church, 670 11th St. Join if you like to sing or play an instrument. Reading music or prior experience not necessary. Rehearsals are every Thursday evening. ccgreene46@gmail.com. (831) 419-3247.

No Exit. Fri., June 2, 8 p.m., Sat., June 3, 8 p.m. and Sun., June 4, 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Three strangers are trapped in one mysterious room. As conflicts and confessions ensue, events begin to swiftly unravel. Note: Sunday, May 21 is a 'Masked Matinee' for immunocompromised individuals. Masks are required for this one performance. \$20, \$18 students and seniors. ncrt.net.

North Coast Open Studios. Fri., June 2, 6-9 p.m. and Saturdays, Sundays, 10 a.m.-5 p.m. Countywide, Locations throughout Humboldt County, Humboldt. Visit artists' studios and browse their work during this countywide community art event featuring artists and artisan manufacturers of all ages and media. Free. contact@northcoastopenstudios.com. northcoastopenstudios.com. (707) 442-8413.

Open Mikey. Wednesdays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The longest running comedy open-mic in the county. Sign up at 9 p.m. for a five-minute set. Show at 9:30 p.m. Snacks, drinks, zero hate speech tolerated. All-ages w/caution for language. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week with cool vibes and great people. Free. thespeak-easybar@yahoo.com. facebook.com/speak-easyeureka. (707) 444-2244.

Oysterjam. Sat., June 10, 1 p.m.-2 a.m. The Jam, 915 H St., Arcata. Live bands all day. Oyster food truck outside Shucked by Humboldt Eagles baseball team. Music by The Critics, StereoTactix and Makunu. Free until 10p.m. thejamarcata.com. (707) 822-5266.

Palante Jazz. Sat., June 3, 8 p.m. Arcata Playhouse, 1251 Ninth St. Salsa lesson fol-

lowed by dancing to live music with Palante Jazz, who play jazz and Cuban dance music. Specialty drinks available. \$15. info@arcata-playhouse.org. playhousearts.org/events/. (707) 822-1575.

Please Don't Leave. Fridays, 11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Scott Hoyle runs this improv-based comedy show with a rotating panel of the best local comedians and touring comics. \$5. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Redwood Interfaith Community Choir. Sun., June 4, 2 p.m. Arcata Playhouse, 1251 Ninth St. An afternoon performance. arcataplayhouse.org.

Stand-up Comedy Workshop. Sundays, 7-8 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Led by local stand-up comic Jessica Grant. Bring a pen or pencil, and circle up to talk shop about jokes. Open to anyone interested in performing stand-up comedy. Drop-ins welcome. Free, donations accepted. JessicaGrantComedy@gmail.com. savagehenrycomedy.com. (707) 845-8864.

Stugeons, Warmoth, Midnight Mass. Fri., June 9, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. Oysterfest pregame, Hard rock heavy Metal Night. \$5, free for students. thejamarcata.com. (707) 822-5266.

Sunday Jazz Jams. Sundays, 5:30-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Every Sunday. Jazz players, all ages, all levels. Bring your ax and play some Real Book tunes. Everybody who wants to plays. Free. blondiesfoodanddrink@gmail.com. blondiesfoodanddrink.com. (707) 822-3453.

Sunday Open Mic. Sundays, 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Sign-ups at 9 p.m., show at 9:30 p.m., local favorite features for the 10@10. Comics get five minutes. Zero hate speech tolerated. All-ages w/caution for language. Snacks, drinks. Free, donations accepted. info@savagehenrycomedy.com. savagehenrycomedy.com. (707) 845-8864.

Thursday Night Art. Thursdays, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Bring your own supplies or use what's around to collage, paint, draw, make an art book. Bring an instrument to jam in the Great Hall. Free, \$5-\$20 donation appreciated. sanctuaryarcata.org.

Washington Square Wednesdays. Wednesdays, 6-9 p.m. Savage Henry Comedy

Club, 415 Fifth St., Eureka. Bring your own board and play chess. Snacks, drinks, friendly atmosphere for all-ages. ID to drink. Free, donations accepted. savagehenrycomedy.com. (707) 845-8864.

Wicked Wednesday Comedy. Wednesdays, 8 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts a hilarious stand-up open mic with different comedians. Free. sirensongtavern.com.

Word Humboldt Spoken Word Open Mic. Tuesdays, 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

YO! First Fridays. First Friday of every month, 9 p.m.-2 a.m. The Jam, 915 H St., Arcata. A 90's 2000's night with DJM, PhotoBooth and YO! Merch. \$10. thejamarcata.com. (707) 822-5266.

LIFESTYLE & COMMUNITY

Abbey of the Redwoods Flea Market. First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

Arcata Bay Oyster Festival. Sat., June 10, 10 a.m.-5 p.m. Arcata Plaza, Ninth and G streets. The 33rd annual celebration of local food, drinks, music and aquaculture of Humboldt Bay. Kids zone, art market, music and dancing, oysters and food vendors, nonprofits and contests. Free. arcatamainstreet@gmail.com. arcatamainstreet.com. (707) 822-4500.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/arcataplaza.html. (707) 441-9999.

Art and Wine in the Park. Sun., June 11, 12-6 p.m. Rohner Park, 5 Park St., Fortuna. Bring a picnic blanket and enjoy local and Californian wine, live music, an arts and crafts market and deep-pit barbecue. friendlyfortuna.com.

Black Humboldt's Block Party. Sat., June 3, 12-7 p.m. The Local Cider Bar, 828 I St., Arcata. Fifth annual event featuring local

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Round 2, Vote for the GOATs: June 4-30

Winners: Published in the Aug. 3 edition



boh.northcoastjournal.com

Calendar

← CONTINUED FROM PREVIOUS PAGE

Black and Brown food trucks, Black business vendors, live music, performers, a Kid Zone with bounce house, a beer garden and more. Free. blackhumboldt@gmail.com. fb.me/e/4mjzqnddc. (707) 840-4641.

Citywide Yard Sale. Sat., June 3. City of Fortuna, Various city locations. Hosted by Downtown Merchants Association.

Dune Restoration Volunteer Day. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Restore the biodiversity of the coastal dunes with the team. Snacks and tools provided. Meet at the center a few minutes before 10 a.m. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

Entrepreneur's Club of Arcata. First Monday of every month, 4-5 p.m. Northtown Coffee, 1603 G St., Arcata. Share your ideas. Learn business skills. Network. Open to all. Free. (925) 214-8099.

Fairy Festival. Sun., June 4, 12-10 p.m. Arcata Plaza, Ninth and G streets. Third annual event with two stages of live music, dance, theater, storytelling and more followed by a fire show at 9 p.m. No dogs permitted on the plaza. Free. arcata-fairyfestival@gmail.com. facebook.com/events/580775123787097/?active_tab=about. (707) 616-6876.

Family Movie Day at HBSC. Sundays, 2-4 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Bring the family out and get cozy and enjoy favorites rated G-PG. Drinks and snacks available at the Lobby Bar. Movie titles are on listed online. Free. humboldtaysocialclub.com/our-events. (707) 502-8544.

Family Movie Night. Wednesdays, 5-7 p.m. Scotia Lodge, 100 Main St. Bring the family and enjoy classics in the lounge area. Food and drinks available at Main & Mill. Movies are G-PG and the titles are listed online under events. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Farm Stand. Saturdays, 10 a.m.-2 p.m. Table Bluff Farm, 101 Clough Road, Loleta. Regeneratively-grown seasonal veggies, flowers, meats and other items made by Humboldt County locals and small businesses. Cash, card, Venmo, Apple Pay and soon to accept EBT payments. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

First Friday Market Series. First Friday

of every month, 4-7 p.m. Herb & Market Humboldt, 427 H St., Arcata. Music, food trucks, artisans and more. Must have a doctor's recommendation or be over the age of 21 to enter. Free. Herbandmarket@gmail.com. (707) 630-4221.

Forest Moon Festival. Fri., June 2 and Sat., June 3. Countywide, Locations throughout Humboldt County, Humboldt. A two-day festival celebrating the 40th anniversary of *Star Wars: Return of the Jedi*, spread across Humboldt and Del Norte counties. Free. info@forestmoonfestival.org. forestmoon-festival.org.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. 10th and Main streets, 10th and Main streets, Fortuna. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/fortuna.html. (707) 441-9999.

Garberville Alive. Fri., June 9, 4-9 p.m. Garberville Town Square, Church Street. A celebration of local art and artists. Food, beer and cider, wine, desserts, music, dance, live art.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Music and hot food vendors. No pets, but trained, ADA-certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/garberville.html. (707) 441-9999.

Habitat Improvement Team Volunteer Workday. Second Saturday of every month, 9 a.m.-noon. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Wear long pants, long sleeves and closed-toe shoes. Bring drinking water. Tools, gloves and snack provided. denise_seeger@fws.gov. fws.gov/refuge/humboldt-bay. (707) 733-5406.

Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh fruits and vegetables, baked goods, jam, plants and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org.

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Calendar

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northcoastgrowersassociation.org/hendersoncenter.html. (707) 441-9999.

Humboldt Crabs Baseball. Fridays, 7-10 p.m. Arcata Ball Park, Ninth and F streets. Independent, collegiate, wood-bat baseball games on most Tuesdays (7 p.m.), Wednesdays (7 p.m.), Fridays (7 p.m.) and Saturday nights (6:30 p.m.). Sunday games at 12:30 p.m. Tickets available at Wildberries Marketplace or online. No tickets at the gates. Gates open one hour prior to start time. Outside food, empty water containers, blankets, folding chairs and credit cards are accepted. \$10. humboldtcrabs@gmail.com. humboldtcrabs.com/schedule/. (707) 840-5665.

Humboldt Flea Market. First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for kids under 13.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Language Exchange Meetup. First and Second Friday of every month, 5-7 p.m. Familia Coffee, 1350 Ninth St., Arcata. Speak your native language. Teach someone a language. Learn a language. familiacoffees.com/. (925) 214-8099.

Lemonade Day. Sat., June 3. City of Fortuna, Various city locations. Visit lemonade stands and support aspiring entrepreneurs.

Look Closer and Make Connections. First Tuesday of every month, 10 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Explore new exhibits and activities, including marine science, a bear, discovery boxes, microscopes, puzzles, scavenger hunts and more. \$3. natmus@humboldt.edu. humboldt.edu/natmus. (707) 826-4480.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Fresh fruits and vegetables, plant starts, flowers and more. No pets are allowed, but trained, ADA certified, service animals are

welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/miranda.html. (707) 441-9999.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

Monthly Tarot Card Readings at HBSC. First Friday of every month, 5:30-8:30 p.m. Humboldt Bay Social Club, 900 New Navy Base Road, Samoa. Tarot card readings with Nina Fazio-Dean @The_wise_one.8. \$15. humboldtbaysocialclub.com. (707) 502-8544.

Move to End Hunger. Sat., June 3, 10 a.m.-noon. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet at the parking lot at Klopp Lake to walk 1, 3 or 4.5 miles to raise funds to help Food For People. Participants are encouraged to collect pledges. Forms online. Free. crobbins@foodforpeople.org. foodforpeople.org/content/move-end-hunger. (707) 599-0855.

Old Town Eureka Tours. Saturdays, 12-1:30 p.m. Clarke Historical Museum, Third and E streets, Eureka. A behind-the-scenes look at local history hosted by the Eureka Community Services Department. No registration required. clarkemuseum.org. (707) 441-4080.

Praise God Drag Show. Sat., June 3, 8 p.m. Arcata Veterans Hall, 1425 J St. Drag and burlesque show. Fundraiser for Queer Humboldt. Presented by The Outlaw Jamie B. Doors at 7 p.m. 21 and up. \$30, \$25 advance.

Sea Goat Farmstand. Saturdays, 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

Second Annual City of Trinidad Community Yard Sale. Sat., June 3, 10 a.m.-3 p.m. Trinidad, Downtown. Rain or shine. Host your own sale in front of your residence or team up with other neighbors on your street.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Fresh fruits and vegetables, meat, flowers and more. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@north-

coastgrowersassociation.org. northcoastgrowersassociation.org/sheltercove.html. (707) 441-9999.

Stock Car Racing. Fri., June 2, Sat., June 3 and Thu., June 8. Redwood Acres Raceway, 3750 Harris St., Eureka. Schedule and tickets online. racintheacres.com.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Trinidad, Downtown. Art, crafts, live music and barbecue. Next to Murphy's Market.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road, Willow Creek. Fresh fruits and vegetables, fish, artisans and more. Music and hot food vendors. No pets are allowed, but trained, ADA certified, service animals are welcome. Free. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org/willowcreek.html. (707) 441-9999.

Woodturners Meeting. Second Saturday of every month, 1-3 p.m. Almquist Lumber Company, 5301 Boyd Road, Arcata. Exchange ideas, instruction and techniques for safe and successful woodturning. Beginning and experienced turners welcome. Meetings include a themed project demo, show-and-tell opportunities and Q&A. Free. redcoastturners@gmail.com. (707) 616-4922.

NIGHTLIFE

Humboldt Bounsklee League. Mondays, 6-8 p.m. Humboldt Brews, 856 10th St., Arcata. Weekly league nights. Purchase of any wood bounsklee from Humbrews or the website includes one-month family membership for future events. All ages. Free. bounsklee@gmail.com. bounsklee.fun. (707) 601-9492.

Karaoke At Scotia Lodge. Second Friday of every month, 7-10 p.m. Scotia Lodge, 100 Main St. Karaoke in the Wonderbar. Drinks and food specials. Come cut loose in this historic gem. Ages 21 and up. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Karaoke w/Dustin. Mondays, 9 p.m.-1 a.m. The Jam, 915 H St., Arcata. Karaoke night. Free. thejamarcata.com. (707) 822-5266.

Karaoke. Tuesdays, 8 p.m. Firewater Lounge, Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Pick a song and sing.

Paranormal Open Mic Night. First Monday of every month. The Siren's Song Tavern, 325 Second St., Eureka. Peter Nelson hosts this podcast-style open mic where audience members share experiences with the unexplained and paranormal. sirensongbar@

gmail.com. sirensongtavern.com. (707) 599-8986.

Reel Genius Trivia at Old Growth. First Friday of every month, 6-8 p.m. Old Growth Cellars, 1945 Hilfiker Lane, Eureka. General trivia, fun for everyone. Prizes for winners. Max seven people per team. Food truck on site. Free. partners@reelgeniustrivia.com. oldgrowthcellars.com. (707) 601-1606.

Reel Genius Trivia Wednesdays.

Wednesdays, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. General trivia; fun for everyone. Free to play, win prizes. Max seven players per team. partners@reelgeniustrivia.com. fb.me/e/2ewBnU7oH. (707) 601-1606.

Science on Tap. First Wednesday of every month, 6-7:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Education can be fun! Come and drink some beer and hear a local professor blind you with science. Free. blondiesfoodanddrink.com.

Throw 'Em Back Thursdays. Third and First Thursday of every month, 9 p.m. Wave Lounge, Blue Lake Casino, 777 Casino Way. DJ Statik spinning throwback, hip hop and R&B. Free. bluelakecasino.com/entertainment/wave.

Thursday-Friday-Saturday Canteen.

Saturdays, 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. See the newly remodeled Memorial Building and enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Trivia Night at the Historic Scotia Lodge.

Third Thursday of every month, 6-8 p.m. Scotia Lodge, 100 Main St. Hosted by Reel Genius Trivia. All ages, prizes for winners. Free. scotia-lodge.com/hosted-events. (707) 298-7139.

Trivia Night. First Monday of every month, 6-9 p.m. Redwood Curtain Brewery & Tasting Room, 550 South G St., #4, Arcata. Test your knowledge while enjoying craft beer. The winning team wins a Redwood Curtain gift card. Free. redwoodcurtainbrewing.com. (707) 826-7222.

Mendocino County

ARTS & CULTURE

Mendocino Community Jam. First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of

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Calendar

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people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

LIFESTYLE & COMMUNITY

First Friday Art Walk. First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District.

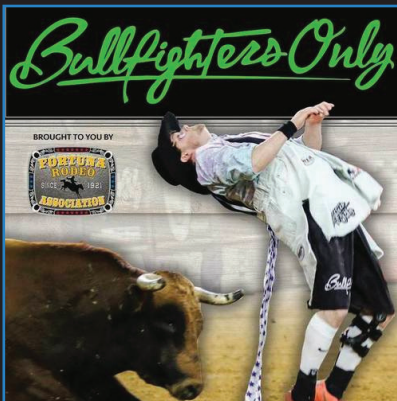
Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Hog Farm Hideaway. June 9-11. Black Oak Ranch, 50350 U.S. Highway 101, Laytonville. Three-day, family-friendly music festival featuring The String Cheese Incident, Railroad Earth, Leftover Salmon and others. Three stages of music, camping, swimming holes, interactive art installations, performance artists, food and craft vendors, adult libations, kids zone, healing sanctuary and more. info@hogfarmhideaway.com. hogfarmhideaway.com.

Thursday Garden Tours. Thursdays, 1-3 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. These weekly one-hour introductory tours of the Mendocino Coast Botanical Gardens focus on the gardens' many plant collections. Free with regular gardens admission, free for members. gardenbythesea.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah. ♦

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Sunday • Jul 16, 2023 • 1:30pm
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HOME COUNTRY

By Slim Randles



STEVE LOOKED OUT from the turret of his cabin and watched the sun set behind the mountain. Branding is over for the spring, and he was able to get away from the ranch for a few days, so here he was, in his private castle, sipping private coffee, looking down at his private horse eating hay in his private corral.

For a man who has spent most of his life in someone else's bunkhouse, a suite at the Ritz couldn't be more wonderful than this little hole-up spot in the mountains.

He slid open one of the turret windows and let the warm breeze of early summer caress his magnificent mustache.

"That does it!" he said.

He closed the window, climbed down the ladder and went out to saddle Ol' Snort. In a few minutes the two of them were heading along a little trail near Thompson Ridge, feeling the warm breeze, wondering how many more of these evenings they would share. Steve and Snort were both getting years on them, but they have this evening. They have this ride. They are together now.

And it was like taking a dry bath in paradise.

Steve reached down and patted Snort on the neck. "You know, O.S.," Steve said, "can you think of a luckier man/horse combination than us? I can't. Not right at the moment, anyway."

Snort was used to listening to Steve, but blissfully he wasn't required to do anything but walk along this mountain trail enjoying the evening. "What do you think, old boy?"

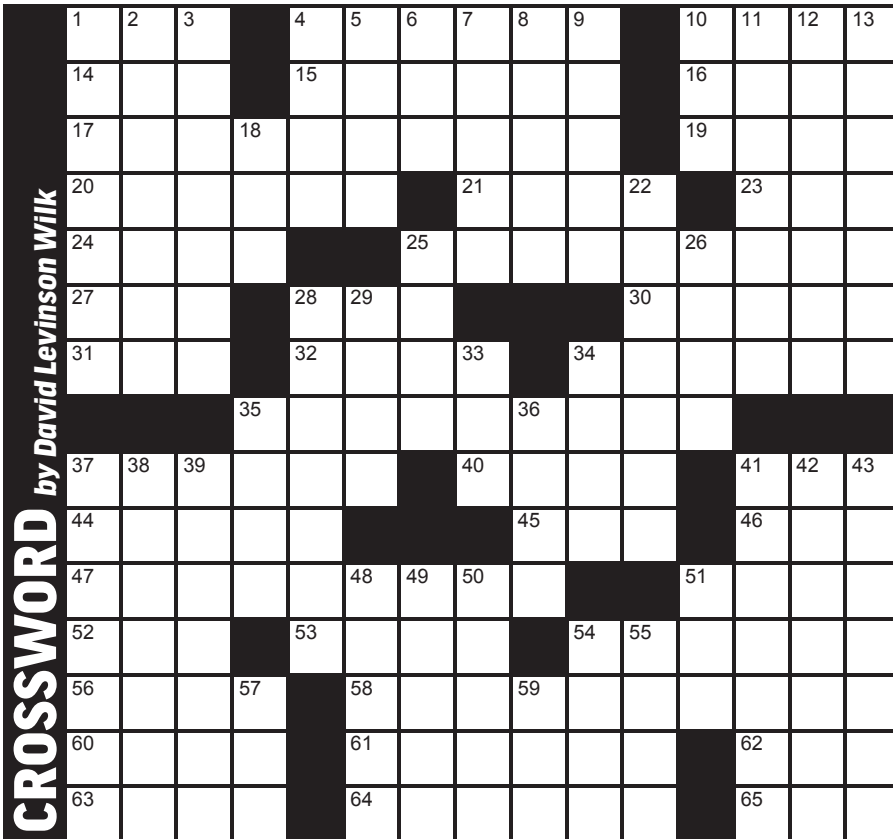
Ol' Snort reached his head out and blew his nose.

"I knew you felt the same way," said Steve, smiling.

Sometimes heaven comes in small doses.



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SKIP THIS AD — Answers in the next edition

ACROSS

1. Onetime NBC parent
4. Rhythm band instrument
10. Homeowner's debt: Abbr.
14. Wallach of "The Misfits"
15. Throat hangers
16. "Argo" setting
17. Erects a blockade in front of dad, mom and the kids?
19. Veers quickly
20. Rice dishes
21. "Baby" singer's nickname, with "the"
23. Directional suffix
24. Sign for the superstitious
25. Falling-out between sailors?
27. Super Mario Bros. console
28. Not yet decided: Abbr.
30. Caddie, basically
31. Fabric amts.
32. Scaredy-cat
34. "Them's the breaks"
35. What someone said to his compadres when revealing the platform used for many apps?
37. Artist profiled in the 2010 documentary "Exit Through the Gift Shop"
40. Hybrid citrus fruit
41. Pigeon's sound
44. "Can you ___ in a sentence?" (spelling bee request)
45. Fish that might shock you
46. Not in favor: Abbr.
47. Result of a New England Football Conference game in which the Engineers
- lose?
51. Baker with a trumpet
52. Shelley's fairy queen
53. Besties
54. Tech product which debuted on 1/9/2007
56. Info from some captains
58. Message that often appears and then, when clicked on, disappears before watching an Internet video ... or a hint to solving 17-, 25-, 35- and 47-Across
60. Antagonize
61. Neatened (up)
62. Small songbird
63. Org. established with the help of MLK Jr. in 1957
64. Dirty looks
65. Kind of hotel, for short

DOWN

1. 1937 John Steinbeck novella, with "The"
2. Asserted
3. Lacking purpose
4. Bungle
5. Actress Gardner and others
6. Bacardi product
7. Perp's story
8. Nev. neighbor
9. To date
10. B'way's "Les ___"
11. Italian seaport once home to James Joyce
12. Common DVD bonus feature
13. Tangle up
18. Word in many 8-Down city

names

22. Body Shop purchase
25. Tabula ___
26. Lemon aids?
28. Basic ballroom dance
29. Like the proverbial beaver
33. Where Laura Bush earned her bachelor's deg.
34. Seriously check out
35. "A joke! Only a joke!"
36. "___ the picture"
37. They're really disappointing
38. Like some elephants
39. Tennis shot that forces an opponent to come off the
- baseline
41. Kelly Ripa and Michael Strahan, e.g.
42. Like some stadiums
43. Decided one would
48. Observes Ramadan
49. "The Magic Kingdom" novelist Stanley
50. Comment to the audience
51. "___-RaQ" (2015 Spike Lee film)
54. Road for Tiberius
55. Many college profs
57. You may be asked to hold on for one
59. Slapstick prop

LAST EDITION'S ANSWERS TO DUCK AMUCK

L	I	M	B	O		B	L	T	S		M	U	N	I
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N	E	C	K	C	H	E	C	K		I	R	E	N	E
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F	Y	O	D	O	R		O	R	R		I	D	O	L
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